

Vegetarian Cheesy Parmesan Alfredo

Makes: 6 or 50 servings

6 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Broccoli, bite size pieces	8 oz	3 cup	67 oz	25 cup
Cauliflower, bite size pieces	5 oz	1 1/4 cup	44 oz	10 1/2 cup
Carrots, sliced thinly	3 oz	1/3 cup	25 oz	2 1/2 cup
Multi-grain pasta	12 oz	3 3/4 cup	100 oz	31 cup
Butter	1/2 oz	1 Tablespoon	4 oz	1/2 cup
Flour		1 1/2 Tbsp		3/4 cup
Salt		1 tsp		8 tsp
Cheese, parmesan dried	10 oz	3/4 cup	80 oz	6 cup
Low-fat milk		3 cup		24 cup
Pepper, black		1/2 tsp		4 tsp



Directions

1. Cut vegetables. Fill a large pot 1/2 full of water and boil. Add vegetables and cook until just tender. Drain water and set aside.
2. Fill a large pot 1/2 full of water and boil. Add pasta and cook until just tender. Drain water and set aside.
3. To make the Alfredo sauce: Melt butter in a large sauce pan. Blend in flour and cook for 1 minute. Whisk in milk, salt and pepper. Cook an additional 5 minutes until smooth. Stir in cheese.
4. Blend together vegetables, pasta and sauce. Serve hot.